

PATTERN SE-JONG

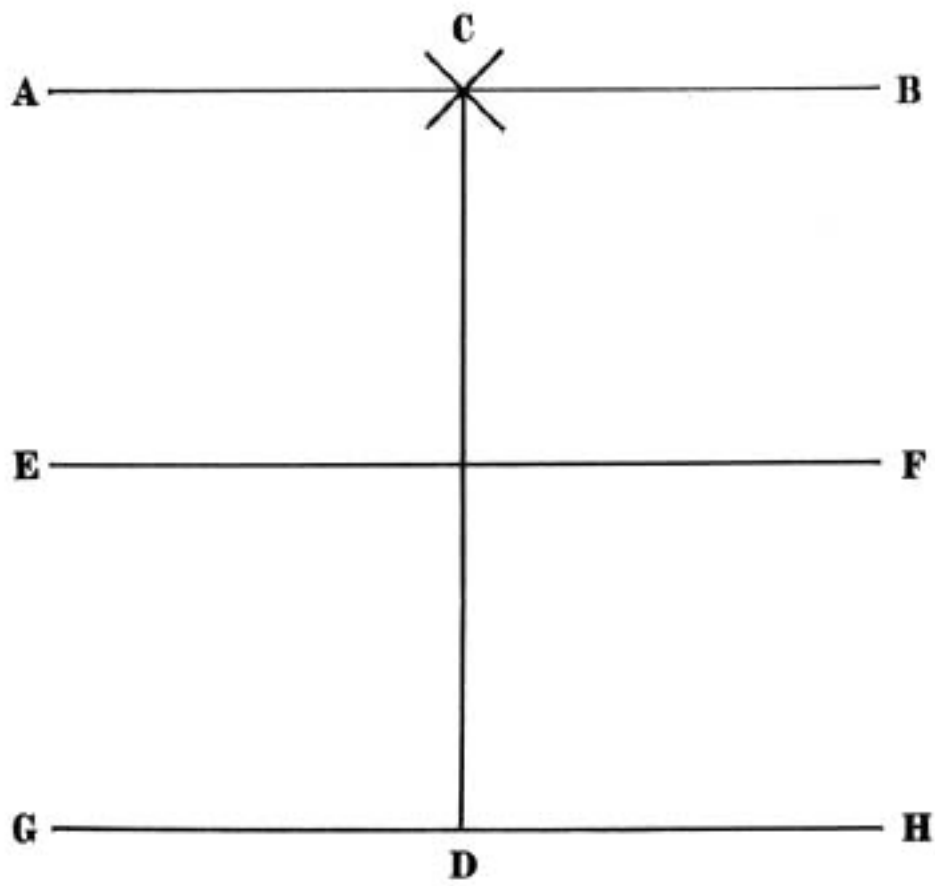
This pattern is practised by the
5th degree.

DIAGRAM: 

MOVEMENTS: 24

READY POSTURE: CLOSE READY STANCE B.

DIAGRAM (*Yon Moo Son*)

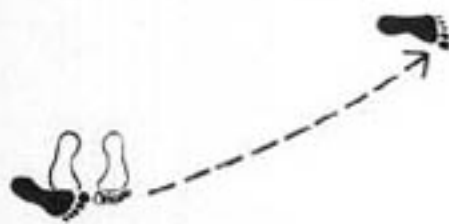


Ready Posture (*Junbi Jase*)



Close ready stance B toward D.

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.

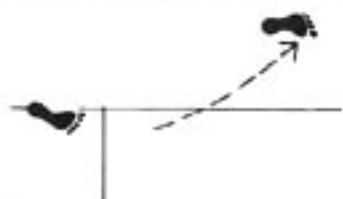


Left walking stance low block with the left forearm toward B.

Front View



Previous Posture



Application



2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block to A.



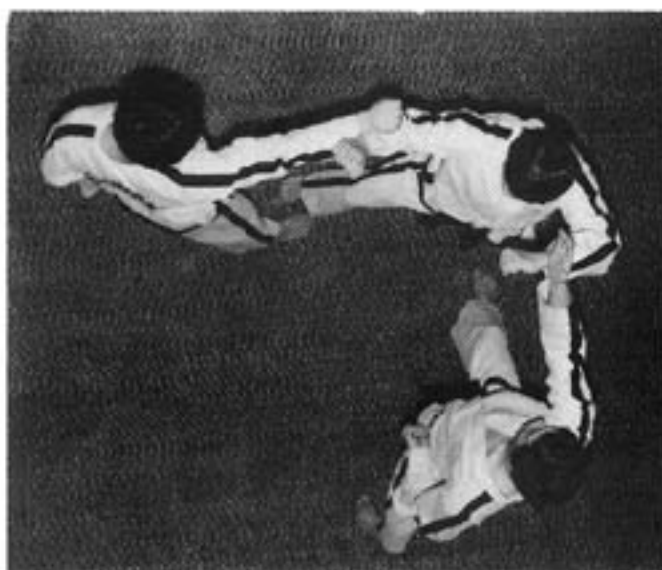
Left L-stance twin forearm block toward A.



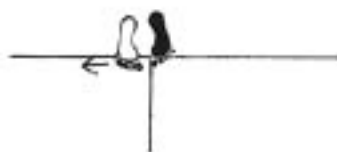
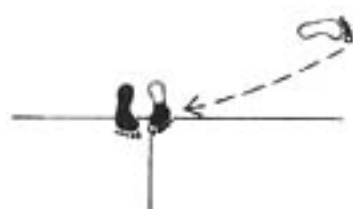
Previous Posture



Application



Top View



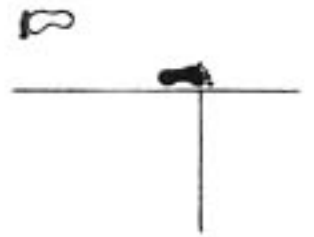
- 3. Execute a middle side piercing kick to D with the right foot.**



Middle side piercing kick to D with the right foot.



Previous Posture



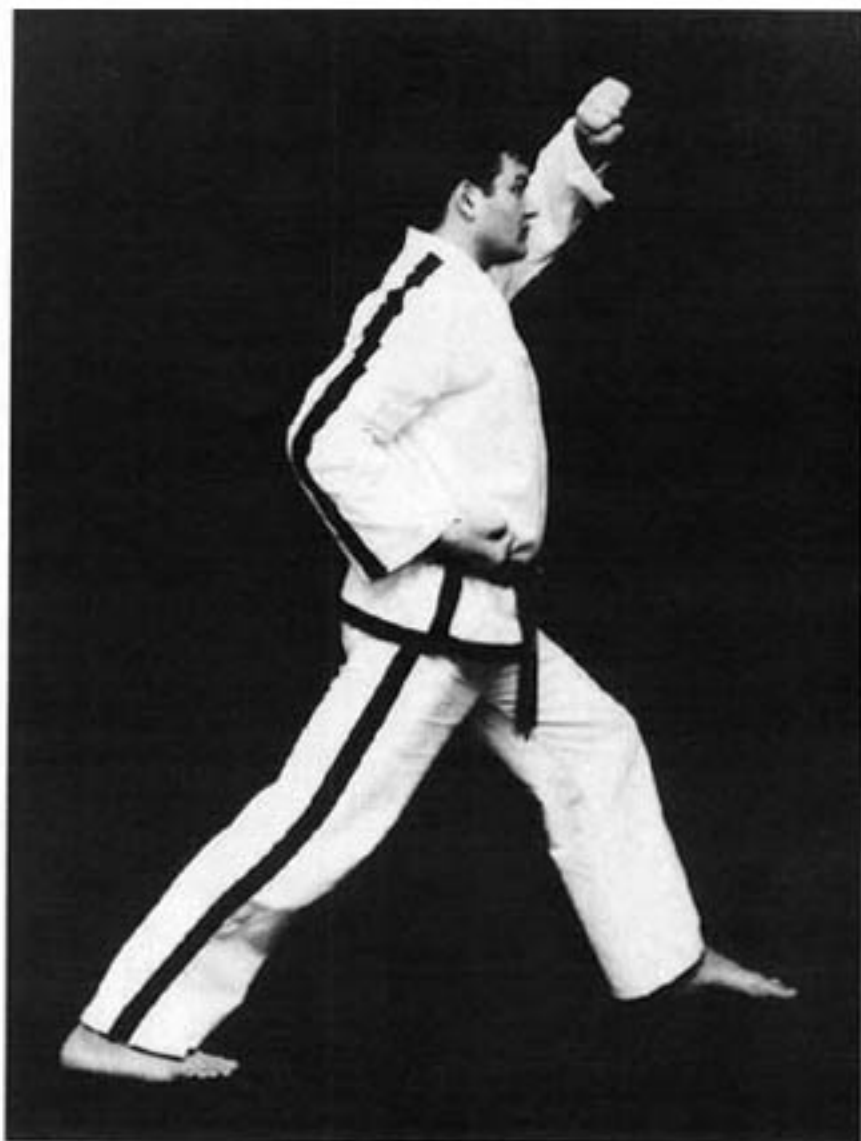
Application



Side View



4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.



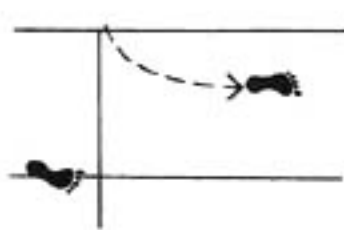
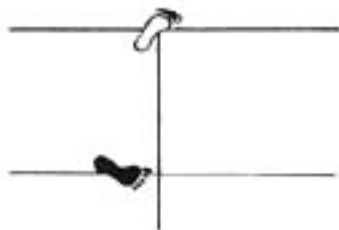
Left walking stance toward F with a left forearm rising block.



Previous Posture



Application



Keep the right heel slightly off the ground.

5. Bring the left foot to the right foot, and then move the right foot to **E** to form a sitting stance toward **D** while executing a middle side strike to **E** with the right knife-hand.



Sitting stance toward **D** with a right knife-hand middle side strike to **E**.

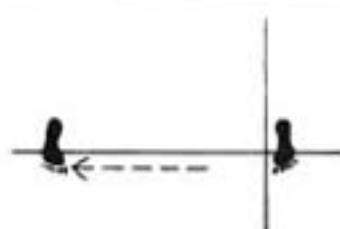
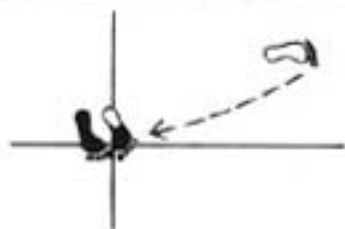


Application

Previous Posture



Side View



Keep the left heel slightly off the ground.

6. Bring the right foot to the left foot, forming a close ready stance B toward D.



Close ready stance B toward D.

Application

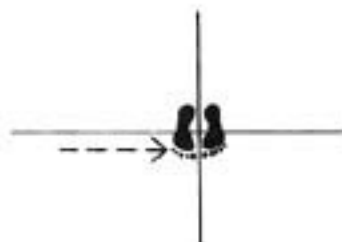
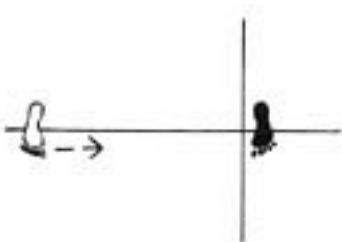
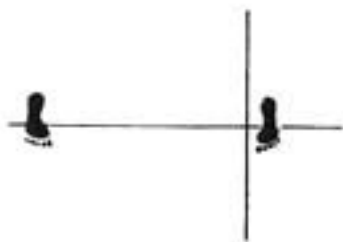


Side View

Side View



Previous Posture



7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.



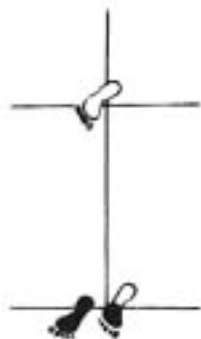
Left X-stance toward DG with a left back fist high side strike to D.

Application

Previous Posture



Side View

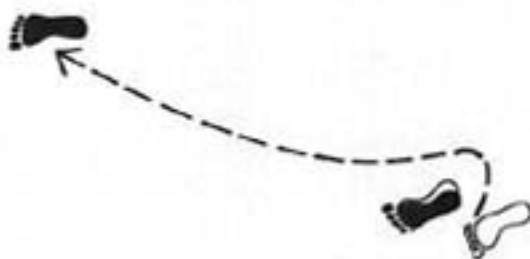


Side View

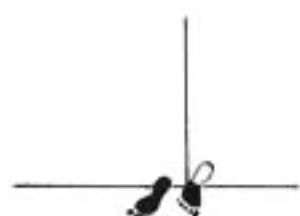
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.



Right walking stance high punch with the right fist toward G.



Previous Posture



Application



9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.



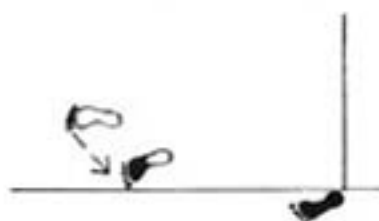
Left fixed stance forearm high guarding block toward H.



Previous Posture



Front View



Keep the right heel slightly off the ground.

10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward H.





Front View

Previous Posture



Application



Top View

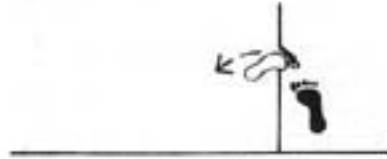
11. Bring the right foot to the left foot, and then move the left foot to G to Form a left walking stance toward G while executing a high side strike to G with the left back fist.



Left walking stance high side strike with the left back fist toward G.

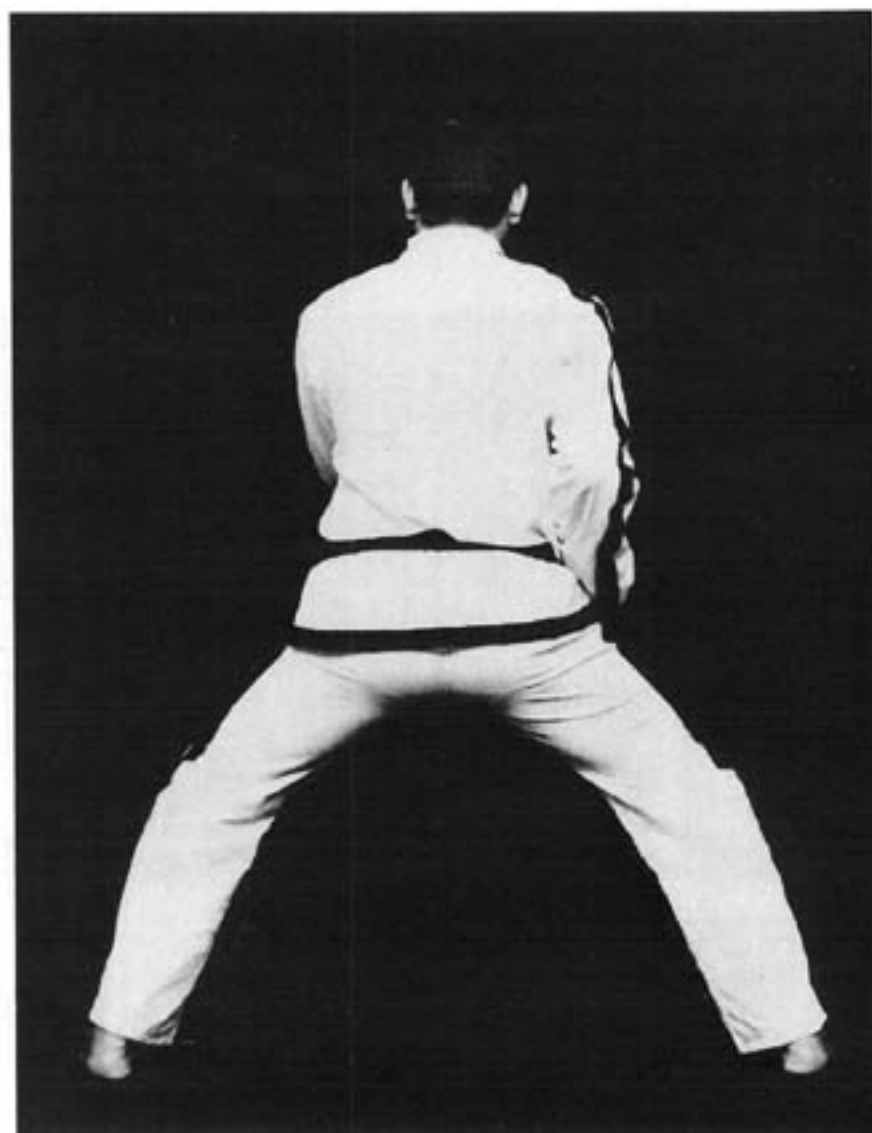


Previous Posture



Other View

12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.



Sitting stance toward C with a left palm scooping block.

Application



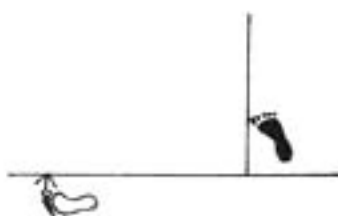
Side View

Raise the body slightly

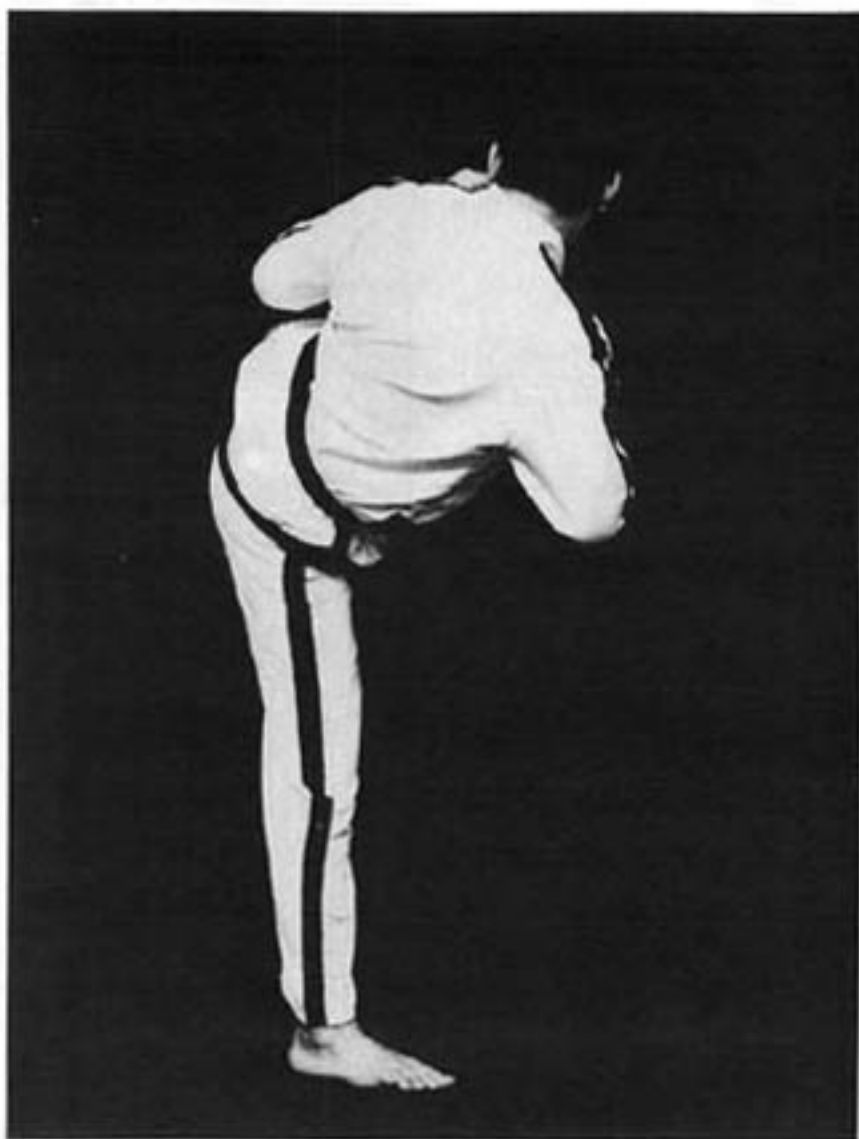


Other View

Previous Posture



13. Execute a middle turning kick to C with the left foot.



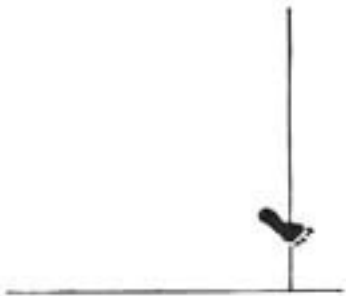
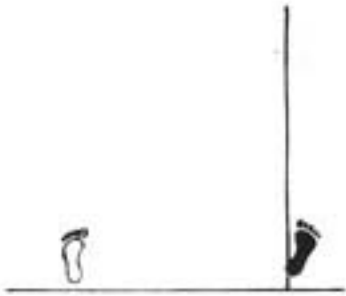
Middle turning kick to C with the left foot.



Previous Posture



Other View



14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.



Left X-stance toward CF with a double forearm high block to C.

Application

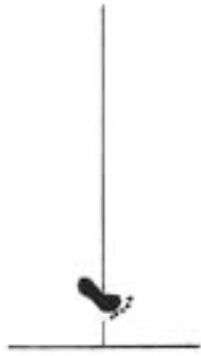
Previous Posture



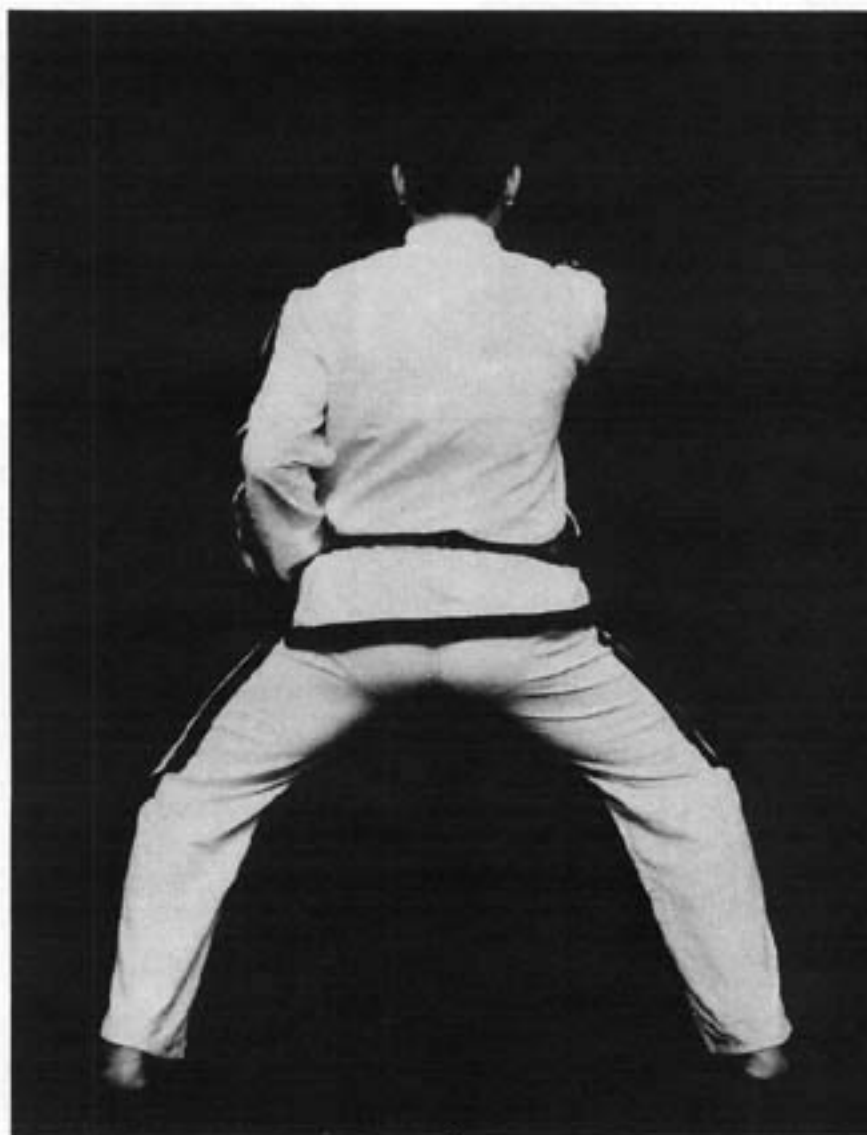
Side View



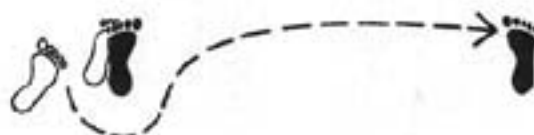
Other View



15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.



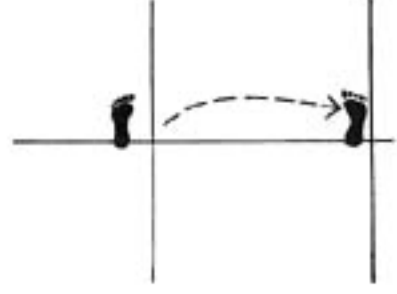
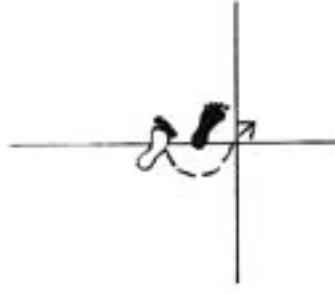
Sitting stance with the right fist extended horizontally toward C.



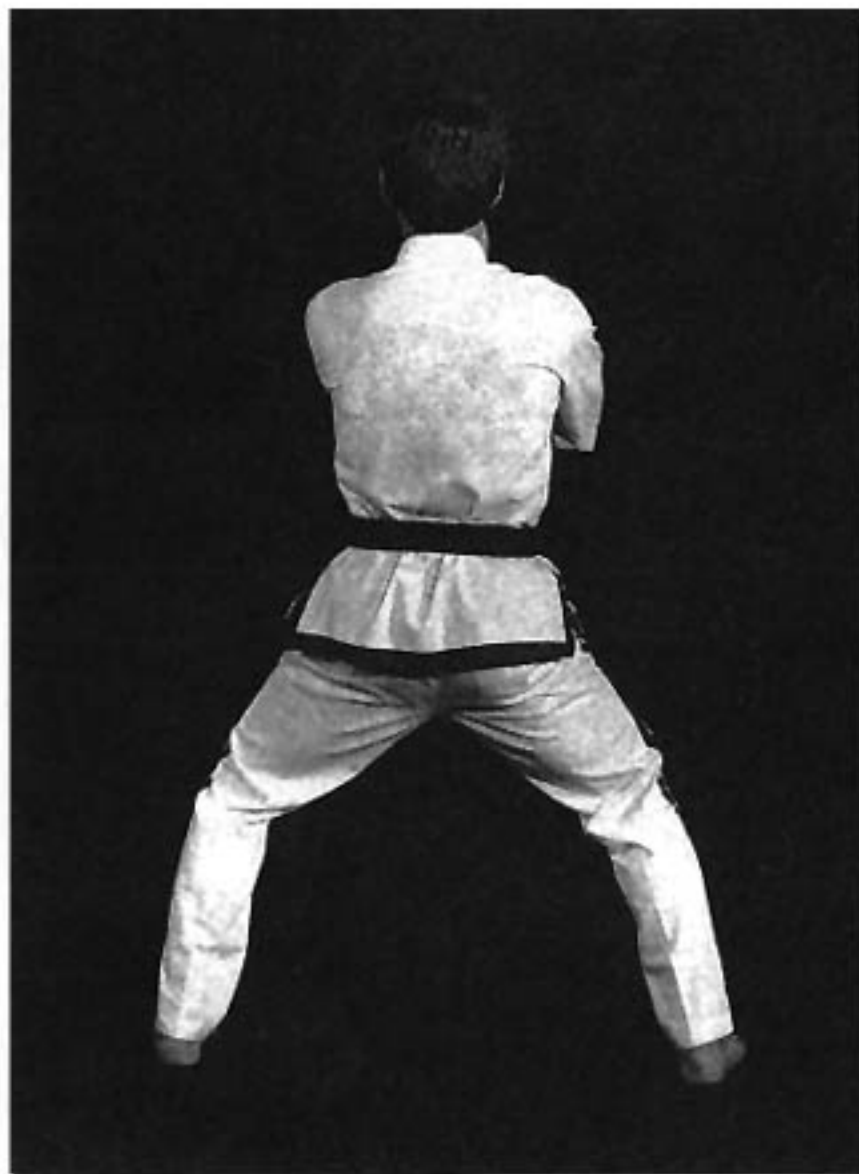
Other View



Previous Posture



- 16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.**



**Sitting stance front strike with
the left back fist toward C.**

Raise the body slightly



Side View

Previous Posture

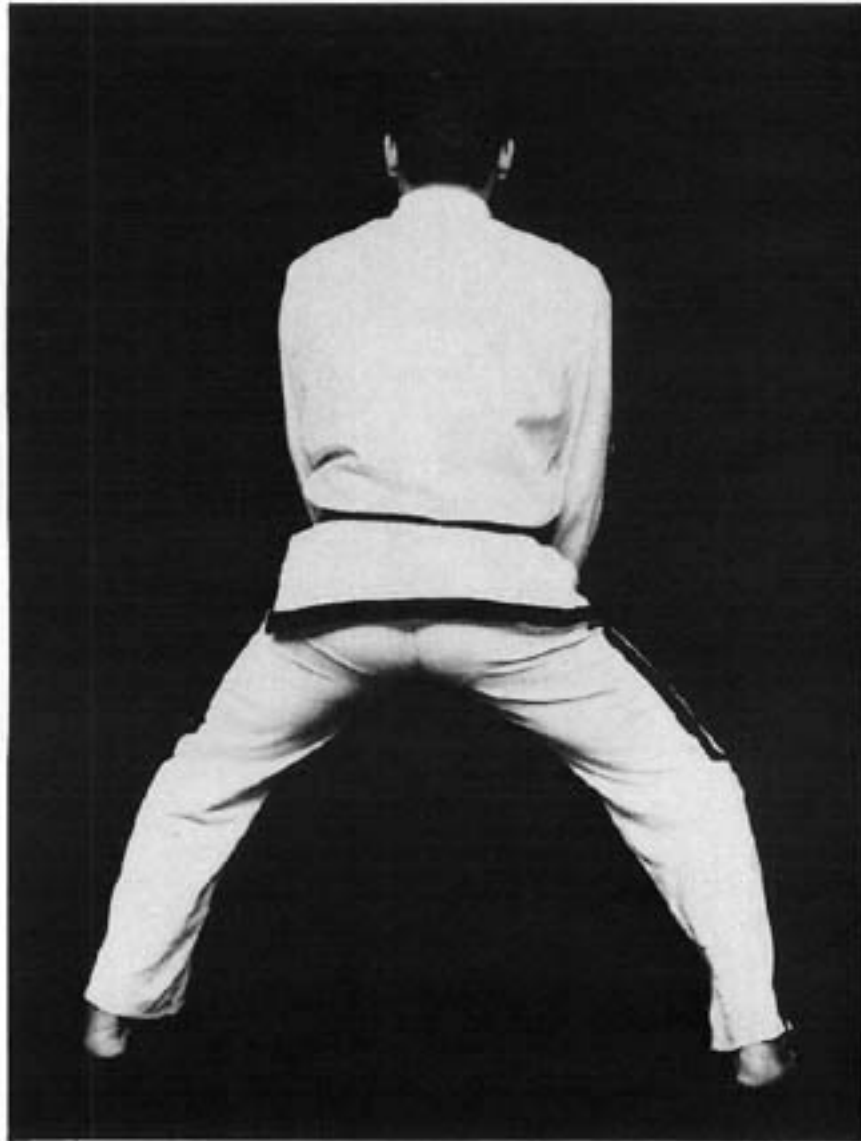


Application

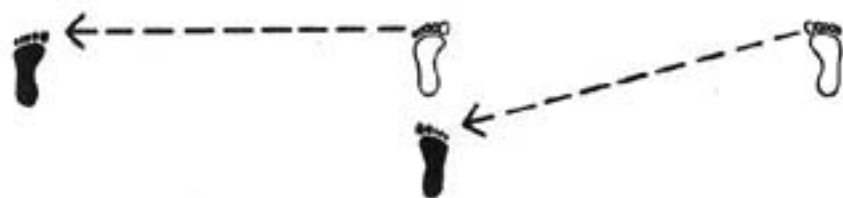


Side View

17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.



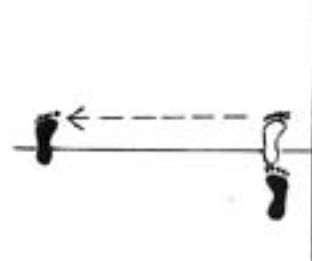
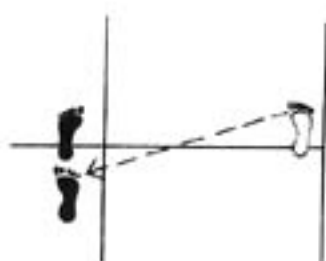
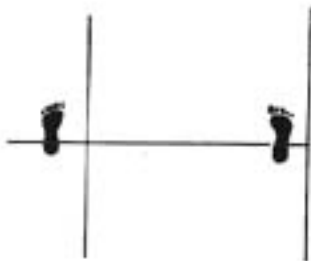
Left diagonal stance toward C with a twin palm pressing block.



Front View



Previous Posture

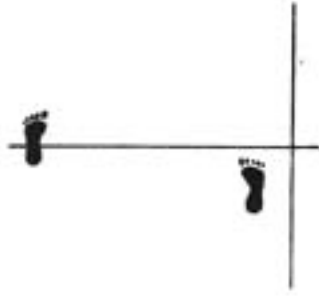


18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.

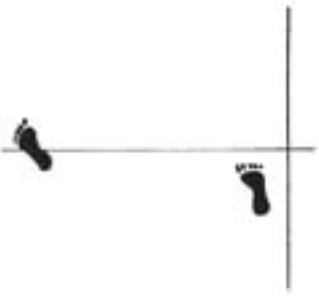
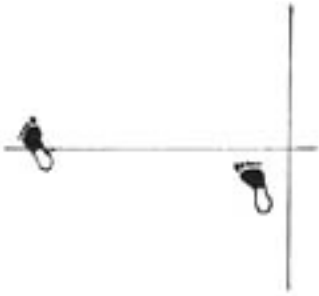


Left walking stance toward CE with a double arc-hand middle block to C.

Previous Posture



Keep both heels slightly off the ground.



Other View

19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.

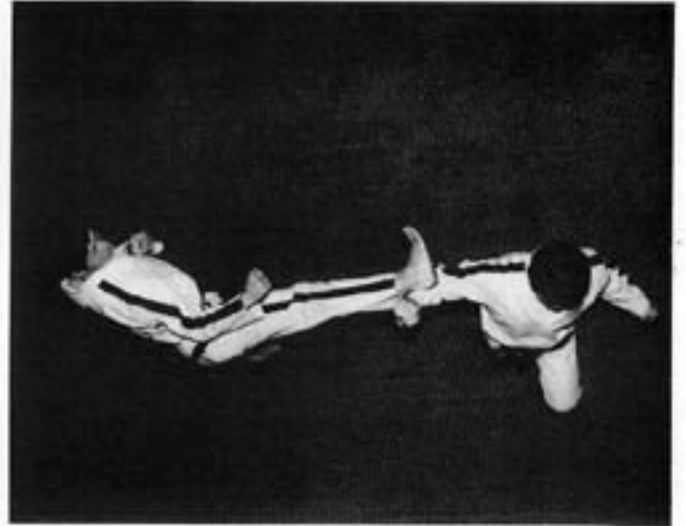


Right one-leg stance toward C with a right outer forearm high side block.

Previous Posture



Application

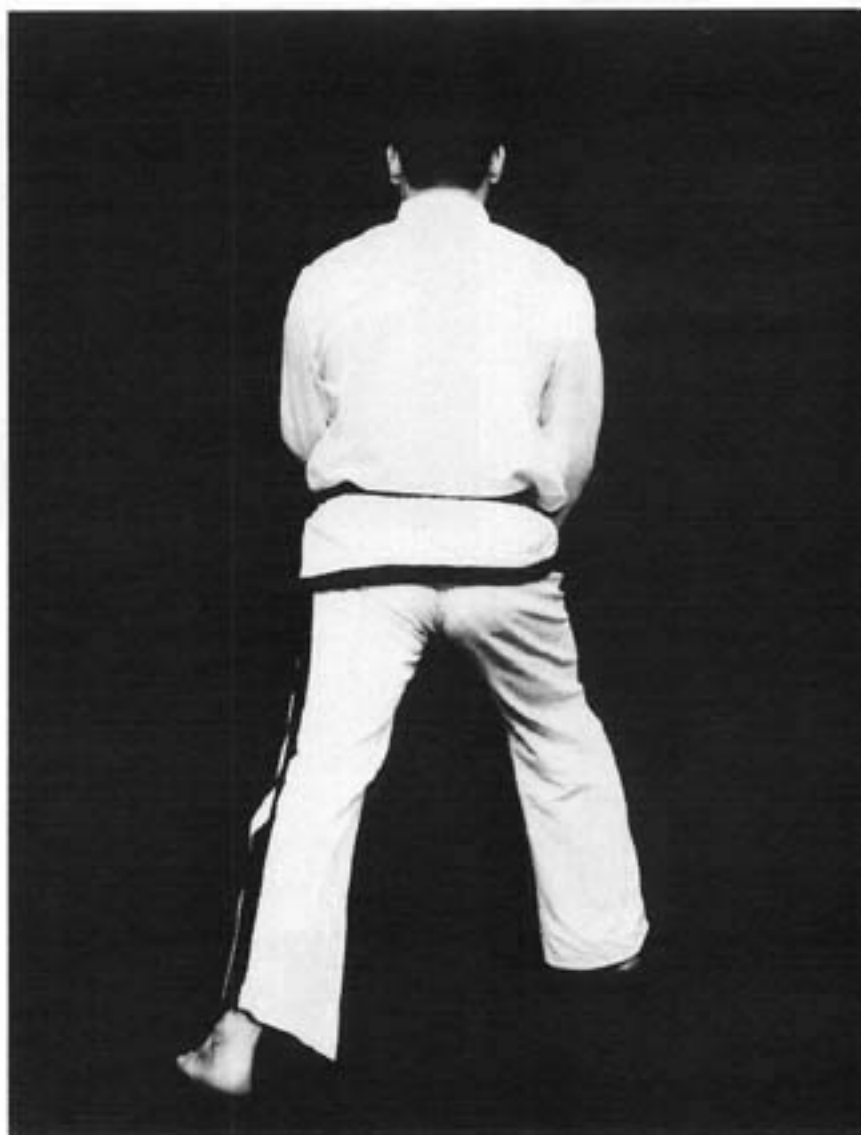


Top View

Side View



- 20. Lower the left foot to D, forming a right walking stance toward C while executing a pressing block with the right palm.**
Perform in a slow motion.



**Right walking stance toward C with
a right palm pressing block.**

Application

Previous Posture



Side View

Keep the left heel slightly off the ground.



Side View

- 21. Pull the left instep to the follow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.**



Right one-leg stance high side front strike with the right back fist toward C.

Application



Side View

Previous Posture



Other View



22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.



Right fixed stance toward D with a left side elbow thrust to C.



Application



Top View

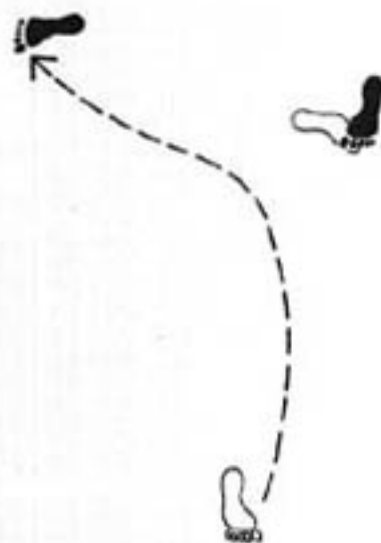
Previous Posture



Side View



- 23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.**



Left L-stance knife-hand high guarding block toward A.

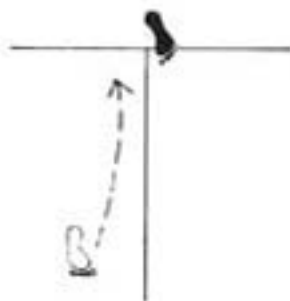
Application



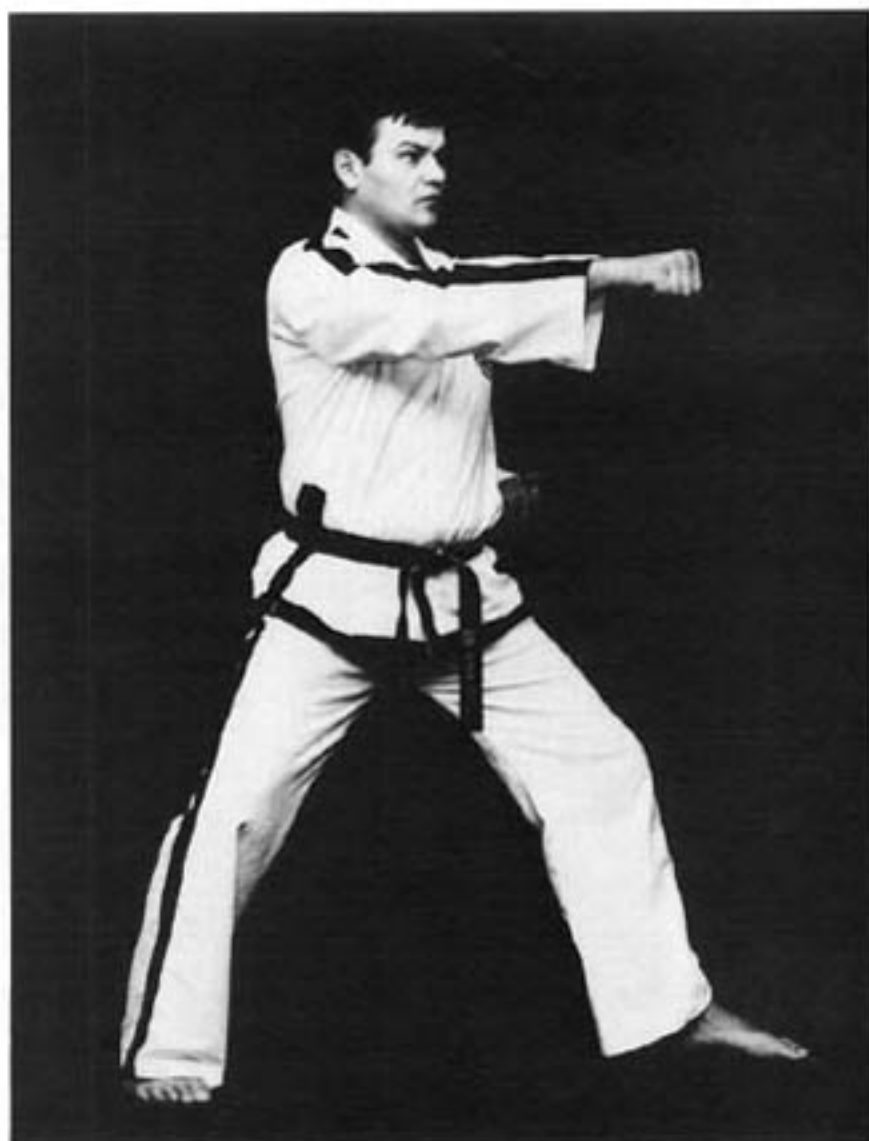
Front view



Previous Posture



24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.



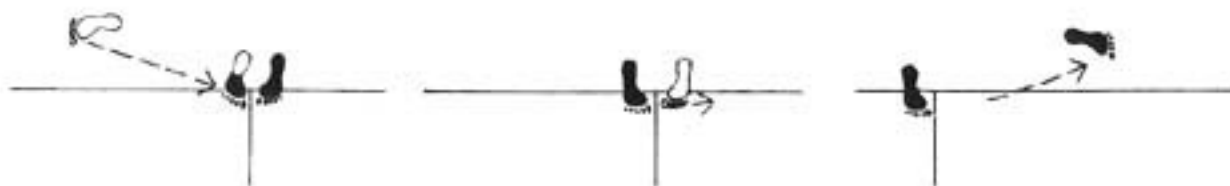
Right L-stance middle punch with the right fist toward B.



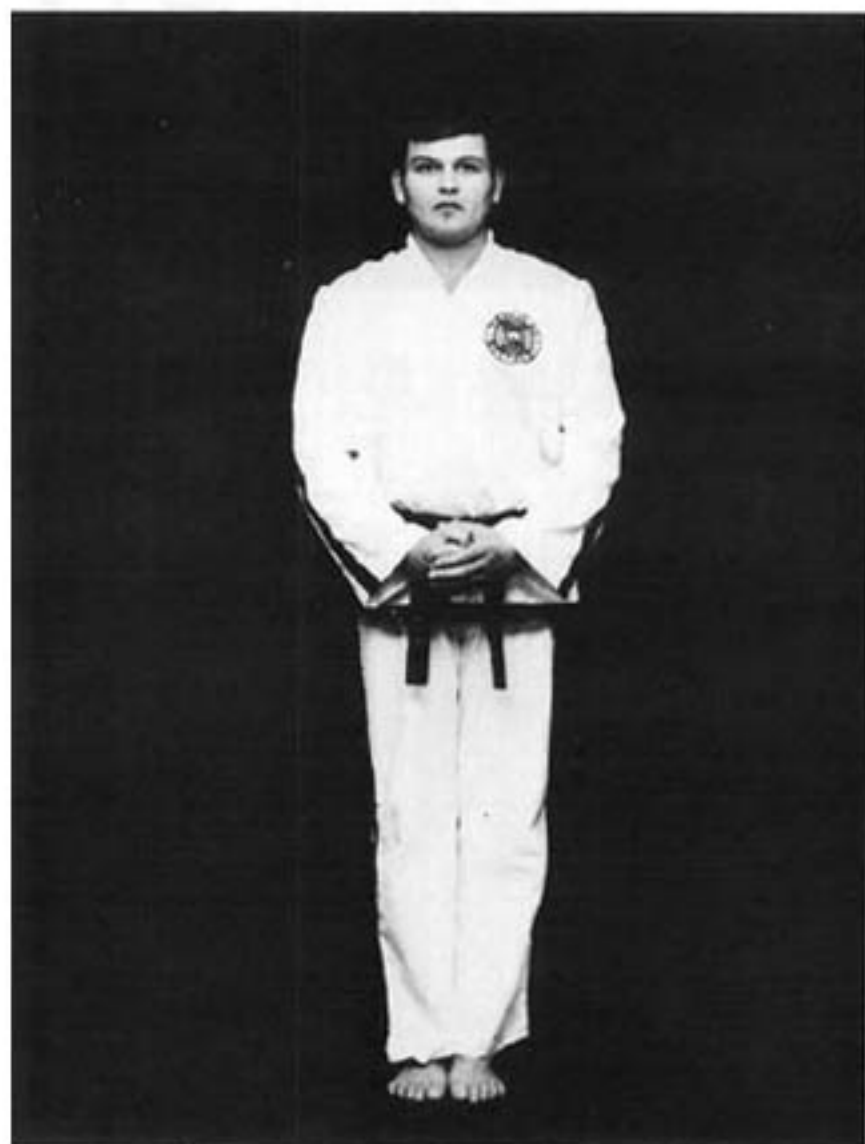
Previous Posture



Application



END: Bring the left foot back to a ready posture.



Close ready stance B toward D.

Top View



Side View

